Baseball team wins twice

Two wins and a loss set the Raider varsity baseball team's record at 6-3 before the Easter break last week.

The local high school team won 14-0 and 11-2 in games against Altavista and Rustburg Monday and Friday nights, and lost 6-1 to district-leading Liberty in Wednesday night's game.

In last Monday's game against Altavista, the Raiders got an unearned run in the second inning, then exploded for seven runs to ice the game in the third inning. In the third, Tony Chandler and Timmy Austin both reached first base on errors, then Tom Cobb grounded out to short stop to score one run. Gary Ferguson walked next, then Mike Jackson doubled to drive in two more runs. Russell Walton walked, then designated hitter R.L. Waldo connected for a two-RBI double. The final two runs came on RBI singles by Mike Ferguson and Tony Chandler.

The Raiders scored four more runs in the fourth inning on singles by Cobb and Walton, and a double by Waldo.

Appomattox completed the game's scoring in the sixth inning on RBI singles by Ron Gulli, Phil Bollinger and Curtis Pearson.

The Raiders totaled 14 runs on 12 hits. Paul Johnson received credit for the win. He struck out 11 hitters, allowed no walks and three hits. He was relieved in the seventh inning by Timmy Austin.

Leading hitters for Appomattox against Altavista were R.L. Waldo, with two doubles and two RBIs, and Mike Ferguson, with a double and two RBIs.

Wednesday's game against Liberty was a pitcher's duel between Liberty's Lee Mayhew and Appomattox's Mike Jackson for the first four innings.

In the top of the fourth, Jackson led off with a home run to give the Raiders a 1-0 lead. But Liberty came back in their half of the inning to tie the game 1-0 when Stewart Grant doubles, moved to third on a sacrifice bunt, then scored on a sacrifice fly.

In the next inning, Liberty effectively put the game away with five runs, only two of which were earned. The Raiders made four costly errors to aid the Minutemen in their 6-1 victory.

Appomattox's Paul Johnson was credited with the loss. He allowed five Liberty hits, and "pitched well" in the game, according to Raider coach Howard Clabough.

A season-opening loss to Rustburg's Red Devils was avenged Friday night in the Raiders' 11-2 win under the lights of the Appomattox Town Ball Park.

The Raiders went ahead 3-0 in the bottom of the first inning. Mike Jackson reached first base on a fielder's choice, then scored on a double by R.L. Waldo. Paul Johnson then singled, and Russell Walton followed with a single to drive in two more runs.

The Raiders added runs in the third and fourth innings, scored four in the fifth inning, and finished the night's scoring with their tenth and 11th runs in the sixth inning.

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SPORTS

Rustburg scored twice in the sixth inning as well, with four hits. Pitcher Paul Johnson had a no-hitter going into that inning. Johnson was relieved in the sixth by Timmy Austin. Johnson gave up two hits in 5 ⅔ innings, and struck out 11 batters.

At the plate, Johnson went three for three, including two doubles and two RBIs, and Mike Ferguson went two for four, including one RBI.

The Raiders had eight stolen bases against Rustburg, including two each by Tom Cobb, Mike Ferguson and Neal Kemo.

Coach Clabough said after the game that he is "very pleased with the pitching we've been getting. Timmy Austin's been pitching well in relief. If we can cut down on errors in the second half of the season, we have a good shot at getting into the final four for the district tournament at the end of the season."

The Raiders are scheduled to play a doubleheader this Friday night against Jefferson Forest, at Forest. The first game gets underway at 2 p.m.

MEMBERS OF THE RAIDER girls' and boys' track squads are busy preparing for the upcoming Seminole District meet. Shown here are (from left) Eric Jones, P.D. Myrick, Kim Shupe, Teresa Austin, Yolanda Trent, B.J. Martin, April Archer, Troy Totty, (back row, from left) Lewis Napier, Edward Johnson, Mark Mayberry, Dale Robinson, Todd Thompson, Ken Watkins, Pete Baldwin, Malcolm Miller and Thad Shumaker.

Slow-pitch softball

Tournament scheduled

Toga Community Center will sponsor a Men's Slow-Pitch Round Robin Tournament May 5 and 6. Toga is also planning a Men's Slow-Pitch League beginning in May.

The annual horse show is planned for June 16. There will be horses competing in Barrel Racing, Western Pleasure, English Pleasure, as well as Racking Horses, Walking Horses and Ponies.

For further information call 352-7317 969-4229 or 969-4158.

Tennis tourney slated here

A scrambled mixed doubles tennis tournament is scheduled for this Sunday (April 29) at 1 p.m. at Falling River Country Club.

The tournament is open to all members. Participants are encouraged to sign up for the tournament at the club, or call Mary Lou Harrison at 352-2245 by tomorrow (Thursday).

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Boys' tennis team splits

The Raider varsity tennis team easily defeated Altavista last Tuesday 9-0, but a powerful Liberty team handed Appomattox its fifth district loss of the season Friday, 7-2.

Against Altavista, The Raiders made a clean sweep. Freddie Lawson defeated John Steele, 8-0; Bobby Carter defeated Rusty Dalton, 8-2; Mike McCoy defeated Travis Hedrick, 8-6; Kinkle Robinson defeated Ivoe Sitterding, 9-7; Stan Slagle defeated Robert Newman, 8-4 and Howard Anderson defeated Steve Parish, 8-1 in singles competition.

In doubles, the Lawson-Carter team defeated Steele and Dalton, 8-0; McCoy and Robinson defeated Hedrick and Newman, 8-4; and Billy Caldwell and Billy Carter defeated Steve Parish and Jeff Hammock, 8-3.

Liberty's 7-2 victory against Appomattox Friday saw the Minutemen's doubles team of David Copeland and Scott Brotherton hand the Raider team of Freddie Lawson and Bobby Carter their first defeat of this season, 8-2.

The only Raider victories against Liberty were Lawson's 8-1 win over Copeland, and Mike McCoy's and Kinkle Robinson's doubles win against Henry and Steve Scott, 9-8.

"The kids are starting to come together as a team," commented Raider coach Doug Marshall this week. "If they continue to work well, and if they can finish strong in the final three matches of the season, I think we have a good chance of making the tournament."

The Raiders are scheduled to play Rustburg at home Monday (April 30). Next Wednesday (May 2), the team will travel to Gretna, and the Raiders will finish the regular season at home Friday, May 4 against Jefferson Forest. Matches start at 4 p.m.

Girls defeat Liberty in tennis

A tough Altavista squad handed the Raiderette tennis team a 6-2 defeat last Tuesday. But the local team came back to defeat Liberty 6-3 in Friday afternoon's match.

Number-one seeded Raiderette Sally Coleman lost a squeaker to Altavista's Judith Walker, 8-9, after Walker edged the local player in a 6-7 tiebreaker.

Michel Ford won her singles match against Altavista's Mary Eubanks, 8-1, and Raiderette Donna Dickerson defeated Stephanie Hollard 8-5 for the other Raiderette victory.

The final doubles match of the day was called at 7-7 because of rain.

"All of the matches were closer and exciting," said Raiderette coach Jan Jennings. "I was particularly impressed with Sally Coleman's aggressiveness, and her sure shots against Judith Walker. That was a very though match."

Anne Caldwell, Donna Dickerson, Susan Booker and Monica Stratten all won their singles matches against Liberty Friday afternoon.

In doubles, Sally Coleman and Anne Caldwell, and Jennifer Coleman and Susan Booker won their matches for the Raiderettes.

"The girls have been working very hard, and I was pleased with everyone's energetic playing last week," commented Jennings after the Friday match.

The Raiderettes were scheduled to play their final home match of this season against Gretna Tuesday after the Times-Virginian deadline. Friday the team will play Rustburg at Rustburg, and the regular season will wind up May 4 with a match at Jefferson Forest.

FRCC slates twlight golf tourney

The first Falling River Country Club twilight golf tournament will be held on Tuesday, May 1 with a 5:45 p.m. tee time.

All interested members are encouraged to participate in this Captain's Choice format with dinner following play.

Couples may sign up until April 29 at the club or by calling Joyce Jamerson (352-5929).

Girls' track team wins

The girls' squad of the Appomattox County High School track team notched another victory in a three-way meet with Brookville and Buckingham last Thursday.

In the girls' meet, Appomattox scored 63 points, while Brookville scored 48½ and Buckingham scored 20½.

Angel Goode of Appomattox was high scorer in the girls' competition, scoring 18 points total.

Other leading scorers included Kim Shupe, who won the high jump, Nancy Cole won the discus throw, Angel Goode won the long jump, April Archer won the hurdles, Angel Goode won the 100-meter run, Janet Smith won the 400-meter run, and Angel Goode won the 200-meter run.

In addition, the Appomattox relay teams won the 400-, 800-, and 1600-meter relay races.

The boys' squad of the ACHS track team did not fare so well in competing with Brookville and Buckingham. Brookville won the boys' segment of the competition, with 68⅓ points; buckingham placed second, with 65, while Appomattox placed third, with 32½ points.

Malcome Miller won the 1600-meter run for Appomattox, and Roger Wills tied for first place in the pole-vault competition for the Raiders.

Appomattox has one more meet this season before the regional meet. The team will meet Nelson County and Jefferson Forest at home Monday (April 30) in a three-way event to finish the regular season.

The district meet will be held next Thursday, May 3, at Altavista, beginning at 3 p.m.

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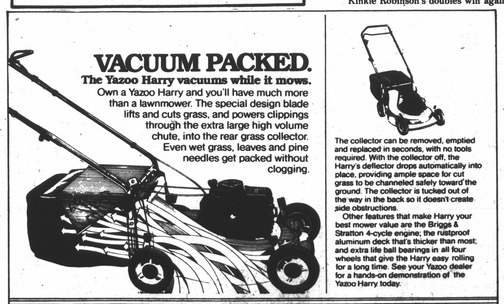

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Diet, Exercise, Behavior

More ways to control appetites

By Shirley W. Walton
Extension Agent

This is a continuation of suggestions compiled from DEB (Diet, Exercise and Behavior) class discussions on how you can control appetites and cut calories:

1. Look up the calorie content before you eat a piece of pie or cake--you may decide to eat a smaller portion.
2. Spend your break time doing something other than eating.
3. Cooperate with others--if you work in the office with other overweight persons--make weight loss a group effort. The encouragement is great!
4. Leave a little food on your plate.
5. Use vinegar and lemon juice as a dressing for your salads. Seasoned salt also helps too.
6. Use sheer determination.
7. Broil instead of frying.
8. Eat a grapefruit for a bedtime snack.
9. Eat diet hard candy in place of a regular candy bar.
10. Drink V-8 juice (6 0z. only 35 calories).
11. Use 1 teaspoon of Russian tea instead of 2.
12. Make a low calorie drink--½ cup milk, ½ cup fruit, 2 ice cubes, sweet and low to taste--and mix in a blender.
13. Wash under cold running water any fruit packed in a sweetened syrup.
14. Work to get into smaller clothes.
15. Stand in front of a full length mirror and let your goal be to fit into the mirror without lapping over the sides.
16. Lose some weight, this will encourage you to lose more.
17. Replace desserts with fruits--grapes, apples, grapefruit, etc.
18. Exercise regularly.
19. Avoid TV food commercials and parties.
20. Eat fresh fruit before a meal.
21. Eat unbuttered popcorn for a snack (1 cup equals 40 calories).
22. Slice an apple instead of eating a whole one. This gives one a feeling of nibbling as they enjoy the slices.
23. Enjoy a half grapefruit for dessert while your family is eating other rich foods.
24. Simmer chicken breasts and diced onion. Season and wrap in foil. Bake until done.
25. Use plain yogurt in place of sour cream on a potato. Chopped green onions or chives may be added for flavor.
26. Eat one or two bites of a good dessert instead of an entire portion.
27. Eat dry puffed wheat or rice cereals for a nutritious snack.
28. Drain fat from any ground meat before adding other ingredients.
29. Remove fat from broths before making gravies by chilling overnight or using ice cubes for instant removal.
30. Don't get discouraged.
31. Weigh in the morning before dressing. This gives you the incentive not to overeat during the day.
32. Don't buy foods thay you can't resist.
33. Don't shop for food when hungry.

Good News For Homemakers

This can cause one to over buy and to buy high calorie foods.

34. Go to a movie instead of eating out.
35. Spend money on clothing instead of desserts.
36. Exercise, run or walk with family members.
37. Cut down on intake of salt.
38. Exercise during TV commercials--think of how many calories you will burn up in one evening's programs.
39. Measure foods.
40. Chew sugarless gum between meals or eat a breath mint.
41. Make a salad out of a diet drink and unflavored gelatin.
42. Eat at the same time each day.

Many thanks to the DEB class participants for their permission to share these good ideas.

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, Va. 24522.

Have a good week!

RECIPE OF THE WEEK
WENDY'S CARROT BREAD
2½ cups whole wheat flour
1 c. sugar
1 tsp. baking powder
1 T. baking soda
½ T. salt
1 tsp. cinnamon
3 eggs
½ c. milk
½ c. vegetable oil
2 c. grated carrots
½ c. chopped nuts
½ c. raisins

Grease and dust with flour a 9x5x3 in. loaf pan. Combine whole wheat flour, sugar, baking powder, soda, cinnamon and salt in a large bowl. Mix well. Beat eggs, oil and milk together in medium bowl. Stir liquids into dry ingredients, then add carrots, nuts and raisins and mix. Pour into prepared pan. Bake at 350 degrees for 1 hr. and 15 min. Cool for 10 min. and remove from pan. Cool, wrap and store. This is a delicious and nutrition-packed bread which freezes well and go with any meal. Wendy McClenny, an outstanding 4-H'er prepared this for County, Area and District 4-H Competition winning a blue and purple ribbon in each event. Thanks and congratulations to Wendy.

Benefit Bike Event

A TOTAL OF 28 bicycle enthusiasts took part in the fourth annual "Bike-a-Thon for St. Jude's Hospital" April 14 in Concord. The event, sponsored by the Con-Terra Woman's Club, featured a course which began and ended at the Concord Ruritan Club. All but four of the 28 bikers completed 20 or more miles in the benefit fundraiser. Top mileage was recorded by Lynette Lankford, who rode her bike for a total of 50 miles. The total amount of money raised in the event had not been determined as of press time. (Photo by Jeff Spitzer)

Forestry, soil teams start practice to prepare for 4-H competitions

By FRANK H. SWEET
EXTENSION AGENT

4-H Forestry Judging and Soil Judging Teams began practicing this week. 4-H'ers in Forestry Judging learn to identify trees, estimate volume from standing trees, use a compass and pace distances and to make management decisions on a stand of timber. Soils judging teams learn to judge soil texture and structure as well as the best use for particular soils. Members also learn about soil conservation practices that are recommended.

Winners of the three country cured hams that were given away in a drawing for the 4-H Interstate Exchange Fund were as follows: Mrs. Liz Curd of Appomattox, Mrs. Sandy Wilburn of Appomattox and Mrs. Curtis Bryant of Gladstone. The ham drawing took place last Thursday afternoon.

Special awards were made last week to 4-H members who had done outstanding work in the Dark Tobacco project during the 1983 growing year. Recognized in Appomattox were Chris Ranson, 12 year old son of Mr. and Mrs. Charlie G. Ranson of Pamplin and Curtis Moore, 14 year old son of Ms. Eva C. Moore of Oakville. The awards in the Dark Tobacco project are provided by the Virginia Dark Fired Tobacco Commission. 4-H members in the tobacco projects (dark, flue cured or burley) are encouraged to keep accurate records and turn in a completed project book when the crop is sold.

Brett Marston, son of Mr. and Mrs. Kenneth L. Marston of Red House, has been announced as a 4-H State Achievement Record winner in Public Speaking. Brett's achievement record in Public Speaking earns him a trip to Nation 4-H Congress in Chicago in November. His accomplishments will be judged against those of other state winners. On the national level, $1,000 scholarships are provided by Union Oil of California to the top six 4-H members in Public Speaking achievement records.

Achievement records include all of the member's accomplishments including project work, activities and leadership experiences. 4-H Achievement Records will again be submitted for judging in mid-February of 1985.

Congratulation to JoAnna Layne, Howard Anderson, Beth Marston, Sheri Williams and Wendy McClenny who were members of the winning Egg Grading Teams in the District Contest on April 14. JoAnna and Howard will have the opportunity to compete in the State Egg Grading Contest in Blacksburg in June. Thanks to Mrs. Laura McClenny for her help in coaching this group of young people.

4-H Camp applications are available from the Appomattox Extension Office. Applications may be submitted anytime between the present and June 15. More than 150 Appomattox 4-H'ers attended Holiday Lake 4-H Camp in 1983.

Historic garden week planned in Southside

Historic Garden Week in springtime Southside Virginia will feature 5 homes, 3 gardens, and 2 churches in the Farmville Area.

The tour, sponsored by the Brunswick Garden Club, will be Friday, April 27, from 10:00 a.m. - 5:00 p.m. Homes to be open are: Longwood House, home of Dr. Janet Greenwood, president of Longwood College; the Shear House, owned by Dr. and Mrs. William A. Shear; Longwood College Alumni House, owned by Longwood College; the Glenn House, owned by Mr. and Mrs. Charles W. Glenn; Rochelle, owned by Mrs. E.P. Lancaster, Sr. and Mr. and Mrs. Preston Lancaster, Jr.

Gardens to be open are: Wilson Garden, owned by Mr. and Mrs. William F. Wilson; Hubbard Garden own by Mr. and Mrs. F. Curtis Hubbard; and Parker Garden, owned by Mr. and Mrs. J.O. Parker.

Also, two churches will be open for viewing: Johns Memorial Church and Farmville Presbyterian Chruch.

On Sunday, April 29, Prestwould House in Clarksville will also be open from 1:00-5:00 p.m.

The Longwood College Rotunda on High Street will serve as information center. Tickets may be purchased here or at each house on the tour except at the churches. Block tickets are $6.00 and single house admission is $1.50 Directions and assistance with the tour will be given at the information center. Restroom facilities will also be available. Admission to Prestwould House on Sunday is $2.00.

Box lunches will be served in the Commonwealth Room on the lower level of the Rotunda Building at Longwood College from 11:30 a.m. - 2:00 p.m. They will be $3.50 per box. Tour buses are requested to make reservations by telephone, (804) 392-5072.

Refreshments will also be served at Johns Memorial Church from 3:00-4:00 p.m. for $1.50.

All proceeds from the sale of tickets of both tours will be used by the Garden Club of Virginia in their continuing work on restoration of historical interest.

Homemakers 'week' set

More than 13,000 Extension homemakers in 730 clubs across Virginia will celebrate Extension Homemakers Week May 6-12 by focusing the spotlight on their achievements of the last year.

Nowhere will that spotlight shine brighter than in the Roanoke Valley where the local clubs in Roanoke City and County, Salem and Vinton worked to attract citizen participation in formulating a comprehensive plan for the area.

Club members, working under the auspices of the Roanoke Valley Homemakers Council, helped organize and conduct neighborhood meetings to gather local concerns that could be expressed at the larger community-wide meeting.

Not all programs may have the result of the Roanoke Valley effort to get grassroots opinions relating to government decisions, but most programs will make the community a better place to live.

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